

Child Care Health Consultation Lesson Plan

Contractor Name: Standard Lesson Plan

Date Submitted: January 15, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
Select one standard and one level	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input checked="" type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input type="checkbox"/> Promoting Healthy Eating	

Title: Dietary Guidelines for Americans – Physical Activity for Living Well

Training Goal: Participants will make physical activity part of their healthy lifestyle to live well.

Learning Objective(s): Participants will

- Identify benefits of physical activity and specific recommendations
- Identify activities that support suggested strengthening exercises
- Develop and maintain a plan for being more physically active


Topical Outline of Content	Training Method(s)	Time (in minutes)
NOTE TO TRAINER: All supporting training documents (activities/quizzes/video clips, powerpoint slides, handouts) , & evaluations can be accessed and downloaded at: http://health.gov/dietaryguidelines/workshops/		
Introduction – Review the Learning Objectives	Intro	5 min
Objective 1: Benefits of physical activity and the specific recommendations for aerobic and strengthening activities – Review handout: <i>Be Active Your Way: A Fact Sheet for Adults</i>	Lecture, discussion, handout	15 min
Objective 2: Strength-training activities– Activity Review handout: <i>Muscle-Strengthening Exercises</i> (do activity with this)	Lecture, discussion, handout; Activity	15 min
Objective 3: Developing and maintaining a successful plan for physical activity.– Review handout: <i>My Aerobic and Strengthening Activities Log</i>	Lecture, discussion, handouts	15 min
Wrap-up/Q&A / evaluation	Q & A, evaluation	10 min

Method(s) of Outcome Evaluation: Discussion, Q & A , participation in activities; evaluation

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Date Approved:
January 15, 2015

Authorized Approval Signature:



Date Expires:
January 2018